



**Fearless Hearts Foundation**  
**[www.fearlessheartsfoundation.org](http://www.fearlessheartsfoundation.org)**

*Welcome to the 2nd issue, Volume 4, of **InfiniSynechis**, a publication of Fearless Hearts Foundation*

## **Foundation News & Updates**

*All Foundation News and Updates can be found on the foundation website*

## **Conscious Living**

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### The Origin of Desire

Desire is a fundamental human emotion. It fuels ambitions for power, recognition, and wealth.

Desires arise, seemingly from nowhere, taking on a life of their own. Unfulfilled hunger leads to further craving, and wealth begets the desire for more.

This applies to spiritual aspirations as well, the desire to help others often intertwined with personal satisfaction.

Desire in its purest form is a yearning for expansion, the expansion leading to merging with the whole.

One feels confined to the body, the environment he is in. Even when there is enough food, clothing and shelter, the basic needs, there is a yearning for more. This is the nature of desire. Recognising the web of our desires

Our desires can be compared to a [spider's web](#)



By Chen-Pan Liao - Own work, CC BY-SA 3.0,  
<https://commons.wikimedia.org/w/index.php?curid=15926393>

Long ago the spiders adapted to living on land and the web is a means of capturing prey but in the case of humans, we create the web and we are caught in it.

Continuation of Desire

Our body is a manifestation of desire.  
The world outside is a projection of our desires  
The Road to Freedom

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Recognize the desire.

A bigger house?

Warren Buffet, the 7th richest man in the world, has been living in the same house ever since he bought it.

The Enigma of Desire:

Watch your desire. No need to suppress it. Simply acknowledge and then watch.

Let go without judgment of yourself and of others.

Meditate.

Meditating means only a period of silence.

It is not introspection.

One is simply being aware . This means you are aware of whatever you are doing.

By and by there will be a realization that desire is an instrument of the mind to keep you trapped.

Life is a continual process of catharsis, a spiritual cleansing.

Through meditation, we shed layers of mental dust, revealing truths unique to each individual. This process, like washing clothes or isolating elements in a lab, is active and continuous.

We all chose to be here, in this lifetime, with specific roles to play, regardless of wealth or status. Even the most powerful leaders carry immense responsibility. Yet, amidst these differences, a common thread unites us: the breath of life.

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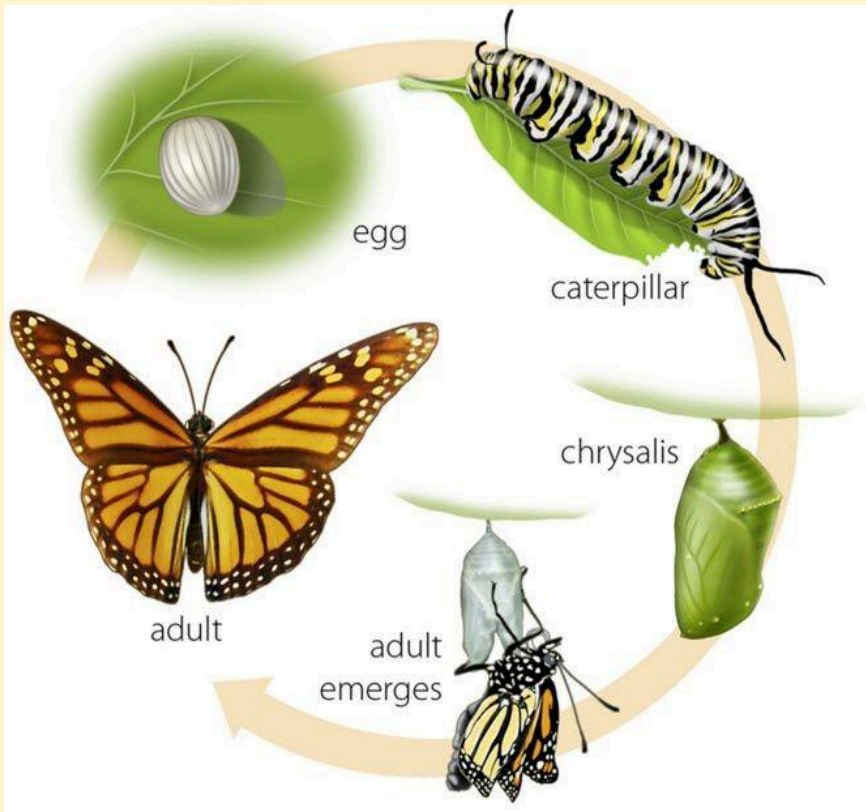
Just be grateful for everything, right here and now.

Even when we believed that we been dealt an injustice in the past, realize that everything that had happened brought you to the present moment.

Perhaps this can best be understood when we examine and understand the life cycle of a butterfly

The butterfly's life cycle is a fascinating example of metamorphosis, a process that allows insects to adapt to different environments and exploit different resources during different stages of their lives.

The butterfly undergoes a remarkable transformation throughout its life, going through four distinct stages: egg, larva, pupa, and adult. This process is known as complete metamorphosis, as the butterfly's body completely changes form from a crawling caterpillar to a flying adult.



<https://louisvillezoo.org/butterfly-exhibit/butterfly-life-cycle/>

1. Egg: The butterfly's life begins as a tiny egg, laid by the female on the underside of a leaf, typically on a plant that will serve as food for the soon-to-be-hatching caterpillar. These eggs can be various shapes and colors, depending on the species.

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[https://insects.fandom.com/wiki/Butterfly\\_eggs](https://insects.fandom.com/wiki/Butterfly_eggs)

2. Larva (Caterpillar): After a few days or weeks, the egg hatches, and a tiny caterpillar emerges. The main purpose of this stage is to eat and grow as quickly as possible. Caterpillars are voracious eaters and can consume enormous quantities of leaves compared to their body size. They also go through several moltings, shedding their exoskeleton as they grow too large for it.

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<https://louisvillezoo.org/butterfly-exhibit/butterfly-life-cycle/>

3. Pupa (Chrysalis): Once the caterpillar has reached its full size, it will spin a silken cocoon around itself or attach itself to a plant stem or other object and form a hard shell called a chrysalis, also known as a pupa. Inside the chrysalis, the caterpillar undergoes a dramatic transformation. Its body tissues break down and are reorganized to form the wings, legs, antennae, and other body parts of the adult butterfly. This is a complex and delicate process that can take several weeks or even months to complete.

Pupa Stage: When the caterpillar has grown enough, it finds a protected spot, molts for the last time, and forms an encasement in which they metamorphose. During this stage, most moth caterpillars spin a silken cocoon while most butterfly caterpillars form a chrysalis. The pupa undergoes tremendous change. The caterpillar releases digestive juices that break down most of its

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body into a “tissue cell soup” from which it develops four wings, new legs, new eyes, new mouthparts, and genitalia. When the insect emerges, its metamorphosis is complete



<https://ansp.org/exhibits/online-exhibits/butterflies/lifecycle/>

4. Adult: Finally, the adult butterfly emerges from the chrysalis. Its wings are initially soft and crumpled, but they soon expand and harden in the sun. The adult butterfly's primary function is to reproduce. They mate and the female lays eggs, starting the life cycle all over again.

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<https://ansp.org/exhibits/online-exhibits/butterflies/lifecycle/>

In the life cycle of a butterfly, if we disrupt any of the stages in the cycle, there will be no continuity.

There is nothing outside that can fulfill our desires.

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## Philanthropy

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*Philanthropy*

Dustin Moskovits (cofounder of Facebook, now Meta) and his wife Cari Tuna founded a philanthropic organization Open Philanthropy

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## Business Insights\*

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We have created a dot com website dedicated to uplifting the human spirit, as well as educational materials related to business.  
<https://fearlessheartsfoundation.com>

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*Fundamentals of Being in Business*

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*Business Ideas: Adjusting to the Current Business Climate*

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*Commentary*

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## **Fundraising Announcement**

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*Fearless Hearts Foundation is a public charity and welcomes any donation. To donate click on the web link below*  
<https://fearlessheartsfoundation.org/donate>

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## **Feedback**

*We welcome your feedback on this newsletter and if there are topics regarding conscious living, business insights or philanthropy that you would like to write about you are welcome to send it to us for a review. Please send your comments/feedback to us at [fhfinusa@gmail.com](mailto:fhfinusa@gmail.com)*

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